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ABSTRACT

This handbook is written for the instructor of volleyball. The book provides essential instructional resources, including: (1) management and safety guidelines; (2) warm-up and cool-down exercises; (3) specification of equipment needs; (4) rating charts for identifying students' initial skill levels; (5) drill modification to fit various skill levels; (6) teaching cues to maximize learning; (7) suggestions for identifying and correcting common errors; (8) quantitative evaluation for all drills; and (9) a complete test bank of written questions. (JD)

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